



Living Healthy,
Working Well

Wellness Tips

New Year's Resolutions From A to Z

Not all New Year's resolutions consist of goal setting, timelines and diaries to keep track of progress. Some of the best resolutions are the simplest. The following are some practical and fun resolution ideas to help you start the New Year right:

Arrive five minutes early for appointments.

Budget your finances.

Conserve energy.

Do someone a favor.

Exercise and eat right.

Floss after every meal.

Go bicycling.

Have a garage sale.

Indulge in an occasional manicure or massage.

Join a social club.

Keeep your promises.

Laugh at least once every day.

Maintain a healthy weight.

Negotiate when you disagree with someone.

Open a savings account.

Plant trees.

Quit smoking.

Recycle.

Start a monthly reading club.

Toss out things you don't need. (Better yet, donate them to charity.)

Understand and appreciate diversity.

Volunteer time with a nonprofit organization.

Write letters to your family and friends.

Xerox your letters and send them to more family and friends!

Yield the right of way in traffic.

Zzzzzzzzz — Get plenty of sleep.

Call Your EAP

Whether setting goals for the new year, or just need an objective advice, your Employee Assistance Program (EAP) is here to help with personal concerns or problems. EAP counselors are available 24 hours a day, every day of the week, to provide confidential assistance at no cost to you. Information, self-help tools, and other resources are also available online at www.MagellanAssist.com.

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